



White Mountain National Forest Short Hikes Near Pinkham



These short hikes, suitable for families and beginner hikers, are all located near Rt. 16 in Pinkham Notch, approximately 10 miles south of Gorham, NH. The distance and times listed are one-way. The map on the back of this sheet is for general information only and should not be used as a trail guide; please bring a topographical map with you.

Glen Ellis Falls: 0.3.miles (20 min.)

Park in the Glen Ellis Falls parking area on the west side of Rt. 16. Go through the tunnel under Rt. 16 and down the stone walkway and stairs constructed by the Civilian Conservation Corps in the 1930's. After passing several overlooks, you will reach the falls, which drop 66 ft. *Please be aware – you will climb down more than 150 rock hewn steps to the base of the falls.*

Crystal Cascade : Easy 0.4 miles (20 min.) This hike is ideal for families with young children and leads to a beautiful volcanic vent. Park at the AMC Pinkham Notch Visitor Center parking area. Follow the Tuckerman Ravine Trail (which leaves from behind the Visitor Center) until you see the steps on your right leading to the overlook for Crystal Cascade.

Thompson Falls: Easy 0.8 miles (30 min.) Starting at the Wildcat Ski Area parking lot, cross the bridge on the left side of the building. Turn left and follow the self-guided nature trail to the service road. After crossing the road, walk along

the side of Thompson Brook to the falls; this series of cascades will be on your left. The trail ends at the top of the third cascade.

Lost Pond: 1 mile (30 min.)

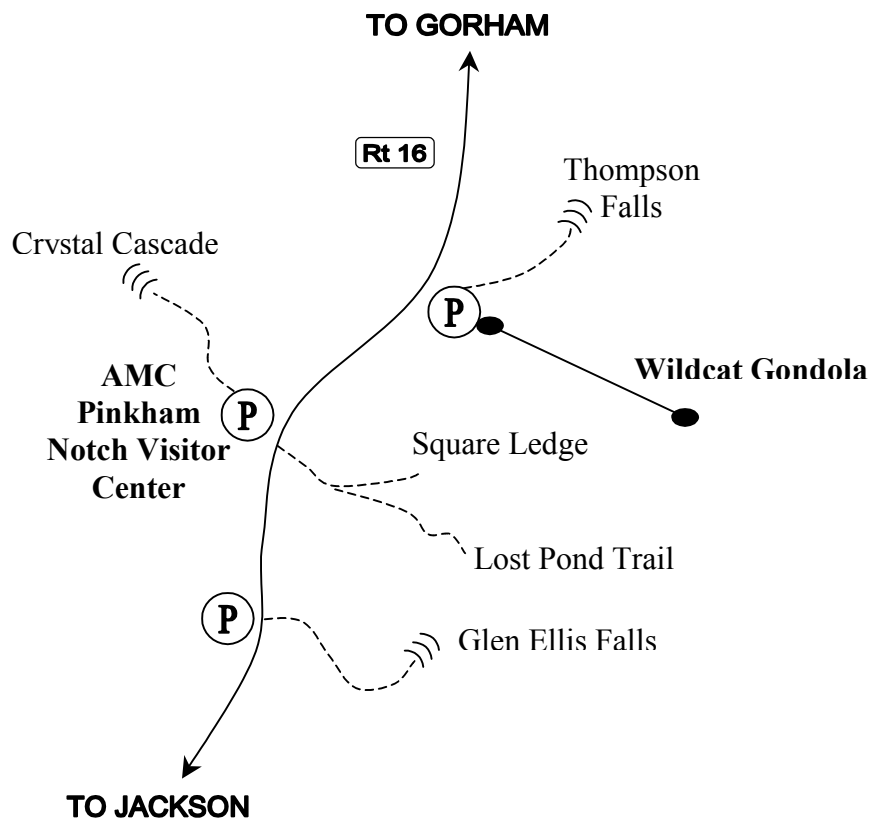
This short walk takes you past beaver ponds along a mountain stream and through the forest. Park at the AMC Pinkham Notch Visitor Center lot. Cross Rt. 16 and look for the sign for the Lost Pond Trail. After crossing a small bridge near the beaver pond, the trail curves to the right. As you climb uphill, take a short break to admire Mt. Washington across the road. Continue until you see the pond on your right. Great Views.

Square Ledge: .5 miles (30 min.)

If you stand in the AMC's Pinkham Notch Visitor Center parking lot, look across Rt. 16 and slightly to your left. The large rocky outcropping you see is Square Ledge. Starting on the Lost Pond Trail, just after you cross the bridge look for the sign to Square Ledge. Follow the Square Ledge trail as it gradually climbs to the base of the ledge.

After climbing steeply for a short distance along the right side of the ledge, turn to your left and continue along the back of the ledge.

When you reach the top, you'll be rewarded with excellent views of Mt. Washington and Pinkham Notch. *Be careful – Square Ledge has steep drop-offs!*



For more information contact: Androscoggin Ranger Station
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